

Careless Use of Soap Spoils the Hair

Soap should be used very carefully, if you want to keep your hair looking its best. Most soaps and prepared shampoos contain too much alkali. This dries the scalp, makes the hair brittle, and ruins it.

The best thing for steady use is just ordinary milled coconut oil (which is pure and greaseless), and is better than the most expensive soap or anything else you can use.

One or two teaspoonfuls will cleanse the hair and scalp thoroughly. Simply moisten the hair with water and rub it in. It makes an abundance of rich, creamy lather, which rinses out easily, removing every particle of dirt, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves the scalp soft, and the hair fine and silky, bright, lustrous, fluffy and easy to manage.

You can get milled coconut oil at any pharmacy, it's very cheap, and a few ounces will supply every member of the family for months.

FOREST NOTES.

It is estimated that there is enough waste from the sawmills of the South alone to produce twenty thousand tons of paper a day.

Oiled paper has been found to be an excellent material for packing trees seedlings when shipped in crates. When crates are not used, paper-lined burlap makes a particularly satisfactory wrapper.

The value of livestock dying from disease on the National Forest ranges in 1915 was less than \$200,000. The majority of the cattlemen are now vaccinating their stock for black-leg, one of the chief loss-causing cattle diseases of the West, and thus preventing the serious losses of the past.

Because of the heavy snowfall last winter, forest rangers found it necessary this spring to remove two feet of snow from the Beaver Creek Nursery in Utah, so that the young trees might be uncovered by the time they were needed for spring planting on the National Forests of that region. Part of the snow was taken off by use of shovel and pick. By spreading a thin layer of fine soil over another part, the natural melting of the snow was hastened sufficiently to make shoveling unnecessary.

Garfield and Lewis Visit Roosevelt

Had a Full and Frank Discussion With the Colonel of What the Latter Intends to Say With Regard to the Political Situation—Neither of the Visitors Would Make Any Statement After Their Interview.

Oyster Bay, N. Y., June 12.—Colonel Theodore Roosevelt was visited at his home at Sagamore Hill today by James R. Garfield and William Draper Lewis. According to his secretary, John W. McGrath, who returned from Chicago, the colonel had a full and frank discussion with Mr. Garfield and Dean Lewis "as to what he intends to say" with regard to the political situation and "the time he should say it."

Neither of the visitors would make any statement after their interview with Colonel Roosevelt. Both have been prominent in progressive party circles, Dean Lewis having drafted the platform adopted by the Chicago convention.

KING VICTOR EMMANUEL RECEIVES ANTONIO SALANDRA

Resignation of Italian Ministry Formally Announced in Parliament.

Rome, June 12, via Paris, June 12, 6 p. m.—King Victor Emmanuel today received Antonio Salandra, the retiring premier, who presented the resignation of the cabinet. The resignation, which was made known yesterday, was officially announced today in the senate and chamber of deputies upon which both houses of parliament adjourned.

In Heroic Mood.

What has become of the old-fashioned man who used to object to the candidacy of Colonel Roosevelt on the anti-third-term basis? Philadelphia Ledger.

Always Observes It.

The British military week-end was not without luck. Another general was taken prisoner. The Germans near Ypres.—New York World.

McGrath announced that Colonel and Mrs. Roosevelt would move to New York tomorrow to meet their son, Kermit, and the latter's wife, who are expected to arrive from Panama.

Colonel Roosevelt will remain in New York over night to keep an appointment there on Wednesday with Raymond Robins, who was chairman of the progressive national convention and Harold Ickes of Illinois.

Colonel Roosevelt again secluded himself in his home today, except for a couple of hours when he went for a horseback ride with Mrs. Roosevelt.

A newspaper correspondent who met the colonel in the road asked if there was anything he cared to say, but the former president turned from him after a sharp reply in the negative.

"FAT OF THE LAND" IN MEXICO NOW.

Would Be Found Decidedly Lean If Expedition Were Forced to Rely Upon It.

(Special to The Bulletin.) Washington, D. C., June 12.—If the American soldiers had been forced to live on "the fat of the land" while on their punitive expedition into Mexico they would have found it decidedly lean and would have had occasion to complain bitterly of the commissary, for although the neighboring republic has within its borders an extraordinary variety of food products, including most of the vegetables, fruits and cereals grown in both the temperate zone and the tropics, there is neither variety nor abundance in its northern states. A bulletin on culinary practices in the Southern republic, issued by the National Geographic Society in Washington, says:

"Since the days of the Montezumas, Mexico's staple of life has taken the form of the tortillas, made of Indian

corn, which is indigenous to the country. The preparation of the tortilla is the work of the Indian women, who first boil the grain and then, while adding water, grind it to a stiff paste on a metate, or flat mortar. This paste usually is moulded with the hands into thin cakes and is cooked much after the fashion of the 'hot cakes' of Old England.

"The frijoles, or Mexican bean, frequently find their way into the tortilla, both when served alone and when combined with meat. The beans of the famous chile con carne are a goulash, compounded customarily of beef and beans with a plentiful seasoning of chili, the Mexican pepper.

"That hot tamale has made its way across the border, but it does not have the same flavor when taken from a can as when the product of moist air seasoned with pepper, mixed with corn meal, wrapped in paper 'shuckles,' boiled until thoroughly cooked, peeled out of and eaten from the shuck.

"One of the odd dishes of Northern Mexico is the tepalcates, made of finely ground squash-seed, boiled in a sauce pan.

"While the tortillas, frijoles, chile con carne, and tamales, 'washed down' with liberal portions of pulque, may be considered the foundation of the menu, the peas of Southern Mexico has various appetizers which are unknown to the peas of the north. There is, for example, the 'water wheat,' which is not exactly what its name implies, but the eggs of flies. The native Mexican eats water wheat with the same epicurean relish that the Chinese mandarin eats his expensive bird-nest, the Central African his raw hippopotamus, the Canton merchant his stuffed dog, and the West Indian his palm worms stewed in fat.

The water-wheat fields are ponds in which the peon places bundles of reeds a few feet apart, so that their tops are just above the surface. On these reeds or rushes the insects deposit their eggs in incredible numbers. The bundles are then removed and the 'crop' is shaken off. The eggs, resembling fine hair-rope, are made into small cakes and are sold in the markets, to be eaten either as we eat cheese or mixed with corn meal and fowl eggs. The insects themselves, which are about the size of our house flies, are also eaten, the method of preparation being to pound them into a paste and boil with corn husks.

"The fruits of Southern Mexico are numerous and some of them are delicious. One of the most unusual is the papaya or melon zapote, which grows on a tree and often weighs as much as 20 pounds. It has characteristics which link it to the cantaloupe, the pumpkin and the watermelon, and

How Thin People Can Put On Flesh

Thin men and women—that big, hearty, filling dinner you ate last night. What became of all the fat-producing nourishment it contained? You haven't used it. Your digestive organs, your functions of assimilation, are probably sadly out of gear and need reconstruction.

Cut out the foolish foods and funny foodstuffs. Cut out everything but the meals you eat and eat with every one of those single Sargol tablets. In two weeks note the difference in the scales. Five to eight good solid pounds of healthy, buoyant vitality will be yours. Sargol aims to charge weak, stagnant blood with millions of fresh new blood corpuscles—to give the blood the carrying power to deliver every ounce of food to every part of your body. Sargol, too, makes your food, to prepare it for the blood, an easily assimilated form. Thin people tell how they have gained all the way from 10 to 20 pounds a month while taking Sargol and say that the new flesh stays put. Sargol is made of the best assimilative elements known to chemistry. They come in 40 tablets to a package. It is harmless and inexpensive, and H. M. Leroy's Drug Store, Norwich, Chesapeake Street, Williamsport, Md., and other good druggists in this vicinity sell them subject to an absolute guarantee of weight increase or money back as found in every large package.

In addition contains considerable pepsin, so that the diner may take his aid-to-digestion and his dessert at one and the same time. The parrot fish is peculiarly healthy on account of its striking resemblance to the green parakeets which are to be found in Mexico. These little birds frequently slide hawking by perching among the fruit, from which they are almost indistinguishable.

The traveler who packs fruit from the state of Alabama and stores it away in his suitcase will be startled to hear a loud explosion in a short time, as the product of the apply named dynamite tree detonates when ever it is placed in a warm spot.

The Tarahumara Indians, who are especially fond of fish, frequently organize community fishing parties which last several days. On these occasions they find it impractical to depend on the crude traps and thorn-pointed spears, so they make a fish poison by crushing the leaves of two varieties of the mayague plant. The leaves are thrown into a stream which has been dammed and the following morning the fish, some merely stupefied and others already dead, are easily gathered. The poison, fortunately, is not of a character to affect human beings. Tadpoles, larvae, and water-beetles are other aquatic delicacies dear to the Tarahumara palate.

Lovers of chocolate bonbons and drinkers of cocoa are indebted to the ancient Mexicans for the cacao bean. The Montezumas called the beverage made from this bean, which was at one time used as money, chocolate, from choco (cocoa) and lili (water). Another valuable bean from tropical Mexico is the vanilla, which grows on climbing orchids.

WORLD'S RECORD FOR BIRD POPULATION

Held by Farm of Dr. Grosvenor Near Bethesda, Maryland.

(Special to The Bulletin.) Washington, D. C., June 12.—The world's record for density of bird population is held by a farm within ten miles of the national capital near Bethesda, Maryland. It is owned by Mr. Glover H. Grosvenor, the Director and Editor of the National Geographic Society.

In 1912 Mr. Grosvenor bought a farm of one hundred acres, half in forest and half in field, about four miles from the District of Columbia, moving there early in the spring.

Being interested in the work of the Audubon Society, he determined to see what he and his family could do to get birds around the home. He had such success that Dr. H. W. Henshaw, Chief of the U. S. Biological Survey of the Department of Agriculture, became interested and delegated Dr. Wells W. Cooke to visit the Grosvenor farm.

Dr. Cooke found so many birds there that he suggested a census of those living on an acre or two adjacent to the house, as he thought the count would establish a world's record. Up to that time the record was held by a family at Chevy Chase, Maryland, who had attracted thirteen pairs of birds to half an acre.

The prospect of establishing a world's record was so inviting to the Grosvenor family that they took a census of the nesting birds on an acre adjoining their house and barns, with the result that they found fifty-nine pairs of birds with young or eggs in the nest on that acre, the highest number of land birds inhabiting one acre that has yet been reported to the Department of Agriculture or to any Audubon Society.

It was made of a second acre, and it was found that this acre had thirty-three pairs of nesting birds. In an article contributed to "Bird-Lore," the bi-monthly organ of the Audubon Society of the United States, Mr. Grosvenor tells a fascinating story of the birds which have come to dwell with them at "Wild Acres," as his farm is named.

"Wild Acres" is a typical Maryland farm, with an old-fashioned farmhouse surrounded by an apple and pear orchard, with a vegetable garden, hedges and open fields. Surrounding the fields is a tract of fifty acres in woods, with a beautiful stream and several springs scattered around in both the fields and the woods.

The bird census taken in the week of June 21st, 1915, showed that on the first acre they had one pair of flickers, one pair of blackbirds, one of yellow warblers, two of orchard orioles, two of catbirds, one of song sparrows, two of chipping sparrows, one of phoebe, fourteen of house wrens, seven of robins, one of kingbirds, and twenty-six of martins.

On the second acre there were one pair each of song sparrows, Catbirds, kingbirds, Maryland yellow throats, brown thrashers, catbirds, chipping sparrows, screech owls and towhees. There were also eighteen pairs of martins, four of house wrens and two of robins.

"I attribute our success primarily," says Mr. Grosvenor, "to choosing the English sparrows and driving the cats away, to putting up many boxes, to keeping fresh water handy at all times and to every bird's being able to get comfortable of our birds; for instance, we put on twigs little pieces of the oiled paper that our butter was wrapped in, and we left mud in convenient places for the martins. The catbirds used the oiled paper for their nests, in fact, they used all kinds of scraps.

"The delight of the family when, on examining one of the catbirds' nests in the autumn, we found one of the children's hair-ribbons and also a piece of an old dress of the baby."

"We had read a great deal about how tame birds become when they are protected, but we were constantly amazed at the quickness with which they perceived the care taken of them."

NEW PERFECTION KITCHEN PRIMER

LESSON 4



GROCEER JOHNSON'S NEW SIGN

What does it mean? It means that Mr. Johnson carries Socony Kerosene Oil and he wants everybody to know it.

Why? Because Socony Kerosene is the safest and best kerosene on the market. Inexpensive, too, compared to the present price of coal. The New Perfection Oil Cook Stove cooks three meals a day for a family of six at an average fuel cost of six cents.

The New Perfection is economical and efficient, because the long blue chimney burner converts every drop of oil into clear, intense heat. The 1916 models have the new patented reversible glass reservoir and many other improvements. Sold in 1, 2, 3, and 4-burner sizes (by hardware, furniture and general stores) everywhere.

STANDARD OIL COMPANY OF NEW YORK

Principal Offices: New York, Albany, Buffalo, Boston.

SAFEST & BEST



LOOK FOR THE LONG BLUE CHIMNEY

Perhaps the most remarkable nest was that of a phoebe, which was built under the cornice of the piazza within reach of my hand. We had a little school in the morning of the day when ten children were continually running up and down the piazza shouting at the top of their voices, but the phoebe went on building her nest then hatched her eggs, and fed her young without fear, though she could see everyone and everyone could see her.

"I was also surprised to find how friendly birds, even of the same species, can become. For instance, we had fourteen pairs of wrens on a single acre, some of the nests being not more than fifteen feet apart. We also had robins' nests only twelve yards apart. The bluebirds, on the other hand, do not like each other and would not tolerate another pair of bluebirds nearer than one hundred yards.

"The first year we had no flickers, but there was a pair nesting in an old apple tree on our neighbors' property. During the winter the tree was blown down, and our oldest son obtained permission to get it. He cut out the portion of the tree which contained the nest, cleaned out the hole, and then hung the nest in a dying cherry tree.

"We had, in 1915, seventy-five pairs of martins in an area approximately ten acres, and expect to have a great many more than this in 1916. We had one pair of red-throated hawks nesting in our apple orchard, and kept them for two years, but they developed such a fondness for poultry, having frequently been caught stealing, that finally we had to shoot them. We have in the woods a splendid pair of barred owls. They come around the house at night, and I suspect them of attempts at chicken thieving, but they are to handsome and rare a bird in these parts to shoot. There is nothing good to be said of the screech owl, which we suspect of having been the cause of the mysterious disappearance of many young birds from the nests.

"If anyone wants excitement, I suggest that he buy or borrow a stuffed owl and put it out in the garden in the daytime during the nesting season. All of the birds in the neighborhood will soon congregate, and the children will learn them quicker than in any other way.

"A census of the species in the one hundred acres of fields and woods in Mr. Grosvenor's 'Wild Acres' shows that last spring sixty species were nesting on the farm, and it is expected that these will be added to this year.

Commenting upon the story of the birds at 'Wild Acres,' Mr. Chapman, the Editor of 'Bird-Lore,' says: 'The birds which Mr. Grosvenor has brought him are unquestionably more than half wild. If he had shot them and placed their skins in a cabinet, with their death his responsibility for their welfare would cease. But a living bird, to which we feel we owe protection, is exposed to so many dangers that our fears for its safety are correspondingly aroused. These birds of our garden are our guests. Through the erection of bird-houses and by other means we have invited them to live with us and when they accept as readily as they have with Mr. Grosvenor, they make us realize

not only our responsibility but they awaken the strongest sense of hospitality."

Naugatuck—George Sydney Andrews, son of Mr. and Mrs. George Andrews of Fairview avenue of this borough, was one of 125 cadets graduated from the United States Military Academy at West Point Monday and one of the six New Englanders in the graduating class this year. He is the only graduate from Connecticut.

"Corns All Gone! Let's ALL Kick!"

Every Corn Vanishes by Using Wonderful, Simple "Gets-It" Never Fails. Applied in 2 Seconds.

Isn't it wonderful what a difference just a little "Gets-It" makes—on corns and calluses? It's always night somewhere in the world, with many



"Wheel I Don't Care! I Got Rid of My Corns With 'Gets-It'!"

folks humped up, with cork-screwed faces, gouging, picking, drilling out their corns, making packages of their toes with plasters, bandages, tape and contraptions—and the "holier" in their corns goes on forever. Don't you do it. Use "Gets-It." It's marvelous, simple, never fails. Apply it in 2 seconds. Nothing to stick to the stocking, hurt or irritate the toe. Pain stops. Corns come "clean off" quick. It's one of the gems of the world. Try it—you'll kick—from joy. For corns, calluses, warts, blisters.

"Gets-It" is sold everywhere, 25c a bottle, or sent direct by E. Lawrence & Co., Chicago, Ill.

Remove Face Blemishes. Pimples, blackheads, acne, tetters, ring worm and that dreaded eczema can be permanently removed from your face and body by Dr. Hobson's Eczema Ointment. It is no longer necessary to go around with an unsightly complexion and suffer the pain and annoyance that goes with unsightly skin. Dr. Hobson's Eczema Ointment is a tried, guaranteed remedy, good for infants, adults and aged who suffer with skin ailments. Buy a box today, and using at once. Money back if not satisfied. 50c at your druggist.

BARNUM & BAILEY CIRCUS.

"The animals went in seven by seven. Said the ant to the elephant: 'Who are yer shovin'?"

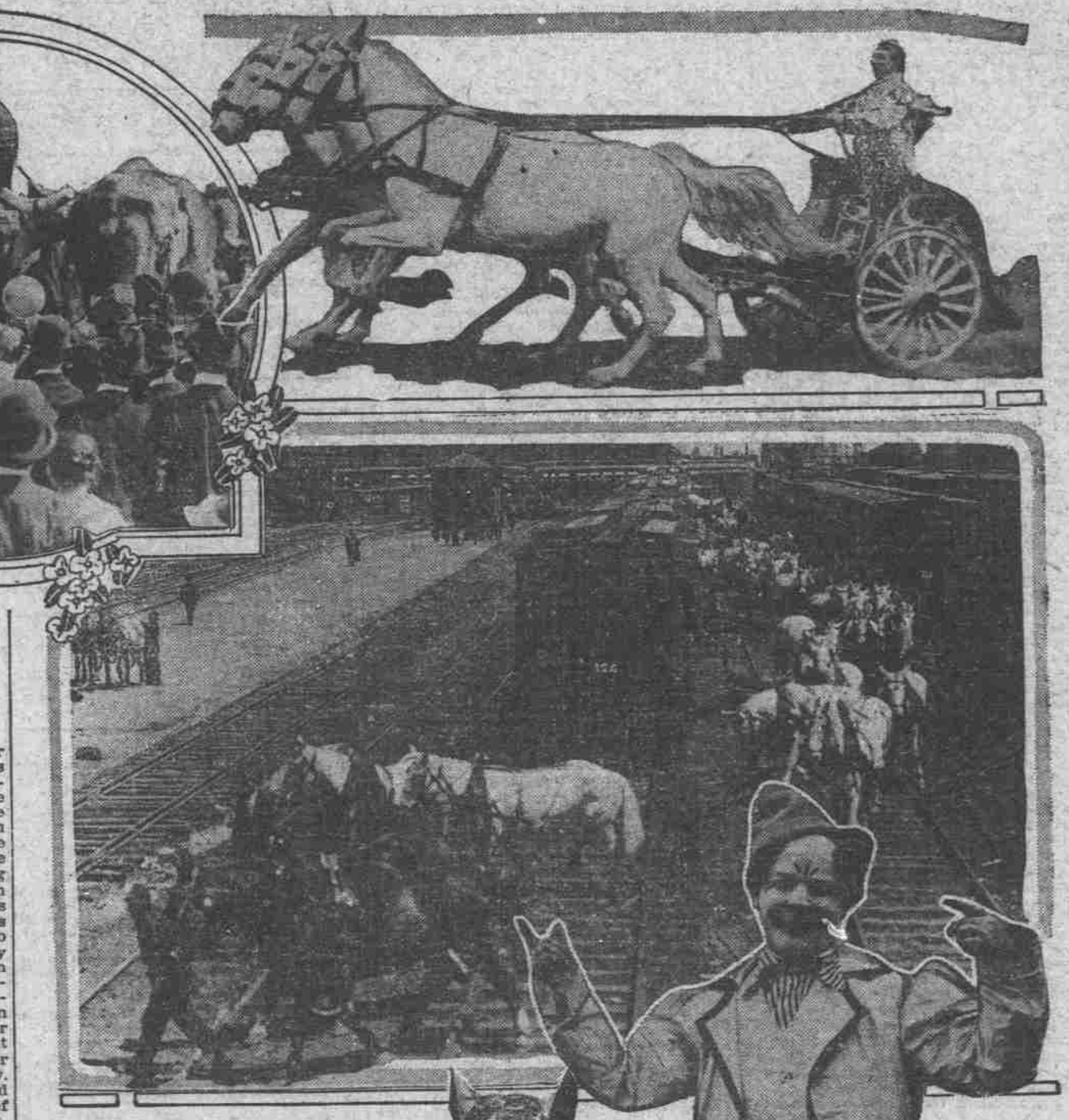
The call of the circus, with its ever wonderful exhibits, its ridiculous clowns, its brilliant performers, animals and pretty equestriennes will be answered by Norwich today, for the fashions and the tastes of men change in almost all things but the love for the circus. There are those who pooh-pooh at the idea of going to the circus, saying that such things are for "kids," but even as they say it they know in their hearts that they are bearing false witness to their own true sentiments. And they are also bearing false witness when they go for "the sake of the children," and they know it, for the circus has an alluring charm all its own that those who have once felt it never forget, while it is a perennial delight for the young in heart, no matter whether their years be many or few. Circuses come and circuses go, but the average small boy (and most of his elders as well) for whom the circus is popularly supposed to have been invented, feels that the word in circus entertainment has been presented when the Barnum and Bailey circus has had its turn. This circus has come down from the days of our granddaddies and, like Tennyson's brook, seems destined to go on forever.

It arrived in Norwich at an early hour this morning upon its own four special trains coming from Stamford, where performances were given yesterday. The first train during the preliminary essentials to the circus encampment came at an hour when the average Jim and John, Mary and Bess, were asleep upon their pillows, dreaming of fairyland aglow with lights, in which the crack of the ring-master's whip mingled with the roar of the wild beasts and the loud trumpeting of the elephants. In all its array of snapping flags, broad expanses of canvas, sawdust and spangles the circus has erected its canvas city at the Fairgrounds.

The elephants are here, the clowns, the gaudy chariots, the horses, animals and all the other things that for the past week have stimulated the small boy to fever of youthful enthusiasm, and with the parade and performances of today the circus folk promise to reproduce in magnitude, new and general excellence any and all of its famous achievements of the past.

The first offering of the circus will be the street parade this morning, which is due to leave the show grounds at 10 o'clock and pass over the principal streets. In this parade, which exhibits the resources of the circus as possibly nothing else could, the circus people put their best foot forward. It will be a display full of color and interest and strings out for a matter of over two miles.

In a general way it will not be unlike the cavalcades of previous years, only it will have more and more of everything pertinent to such a display than ever before. There will be more open cages, more horses, more bands, more animals, traveling afoot, and a richer and more gorgeous dressing as regards trappings, and wardrobe than in previous years. It will not be without novelties. New chariots and tableaux wagons resplendent in gold and silver have been



added to the parade equipment and every bit of the wardrobe is new. More than five hundred horses ranging from the sturdy Clydes and Percherons to the cleaner-limbed thoroughbreds will make of the moving column a huge horse fair—an interesting display in itself.

The "big top" or main tent, where the performances will be given at 2 and 8 o'clock p. m. is a tremendous affair—in fact, the largest spread of canvas ever erected. In previous years this tent has been what the circus folks term an "H pole top," meaning that seven centre poles were required to hold the spread of canvas. This year eight centre poles are used. The length of the tent is over 600 feet with a width of 200 feet. Over 80,000 yards of canvas enter into its construction, and over 16,000 people can be accommodated.

It has become a bromide statement to say that the circus is all new, or very nearly so, but it exactly hits the nail on the head as far as the Barnum and Bailey show is concerned, for never has it presented so much that is entirely new to American audiences. The reason for this is the European war which has made it incumbent for the foreign artists to leave the other side and has enabled this circus to procure the very cream of the foreign arena experts. At this year's Barnum and Bailey circus you will see parrots and ravens riding bicycles—huge lumbering bears roller-skating and riding bicycles—monkeys and fox-terriers doing equestrian stunts equal to their human colleagues, trained rats, cats, rabbits and pigeons doing unheard of things, and much, very much more that is unusual, striking and out of the beaten path of performances usually seen at the circus.

Although to the blissful individual who contends "there is nothing new under the sun," it seems impossible to get anything really new, that is just what the Barnum and Bailey management confidently announces they have succeeded in doing for this year's programme. The trained animal acts are in great variety and of these, Pailenberg's Bears, Swallow's trained rats and cats, Marcelle's Acting Birds, the Horse Ballerina, the war elephants and Wells' equestrian fox terriers and

monkeys furnish the high spots. A large brown bear on roller skates performs much better than most humans, performing the "figure 8" with agility. A black bear rides a bicycle and skates it very carefully between posts set upon the stage. Mme. Marcelle causes a trained raven to fly through six rings of fire, and a parrot rides a tiny bicycle upon a tight wire.

Macaws and cockatoos jump the rope, dance and perform other tricks which cause one to sit up and take notice. Rats, pigeons, cats and rabbits work in unison and harmony presenting interesting performances. The Hannaford Family of equestrians give an exhibition of daredevil, whirlwind riding, which must be seen—not described. Bagonelli, a midwest equestrian provokes gales of laughter. Three Chinese troupes present performances of exceptional merit and novelty. Three of them

descend by their queues from the very dome of the tent at the pace of about a mile a minute.

There are riders, gymnasts, jugglers, tumblers, acrobats, wirewalkers, cowboys, performers in all lines of athletic effort and each and every one an acknowledged champion, else they could not find a place upon the Barnum and Bailey programme.

There will be class and distinction to every item upon the long programme and from stem to stern there won't be a mediocre offering. There will be a big bunch of clowns and the animal exhibit, as always, will be found comprehensive and varied.

Performances will be given at 2 and 8 o'clock p. m. Doors being opened at 1 and 7.

Tickets may be bought at Engler's Drug Store, corner Broadway and Main street at exactly the same prices charged upon the grounds.